

MARCH 2020 ACTIVITIES

FRANKLIN SQUARE SENIOR COMMUNITY SERVICE CENTER
 (Sponsored by Catholic Charities)
 619 FENWORTH BLVD. FRANKLIN SQUARE, NY, 11010
 (516) 481-3322

Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, office for the Aging through the New York State Office for the aging and the U.S. Administration on Aging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Cards/games/socialize/music 2 9:00 Coffee time 10:00 MOVIE 10:45-11:45 Chair Yoga 12:00 Lunch 1:00 Line Dancing	Cards/games/socialize/music 3 9:00 Coffee time 10:30 BINGO 10-11 Silver Notes 12:00 Lunch 1:00 Chair Yoga	Cards/games/socialize/music 4 9:00 Coffee time 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 10:30 Nurse Carol 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 5 9:00 Coffee time 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 6 9:00 Coffee time 10:30 BINGO 12:00 Lunch 1:00 Chair Yoga 1:00 <u>TRIP TO ROCKVILLE SENIOR CENTER (By reservation only)</u>		
Cards/games/socialize/music 9 9:00 Coffee time 10:00 MOVIE 10:45-11:45 Chair Yoga 12:00 Lunch 1:00 Line Dancing	Cards/games/socialize/music 10 9:00 Coffee time 9:30 – 11:30 CASE MANAGER 10:30 BINGO 10-11 Silver Notes 12:00 Lunch 1:00 Chair Yoga	Cards/games/socialize/music 11 9:00 Coffee time 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 12 9:00 Coffee time 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 13 9:00 Coffee time 10:30 BINGO 12:00 Lunch 1:00 Chair Yoga 1:00 Site Council Meeting <u>SHOPPING</u>		
Cards/games/socialize/music 16 9:00 Coffee time 10:00 MOVIE 10:45-11:45 Chair Yoga 12:00 Lunch 1:00 Line Dancing 1:00 <u>NUTRITION W/ CORNELL</u>	Cards/games/socialize/music 17 9:00 Coffee time 9:30 – 11:30 CASE MANAGER 10:30 BINGO 10-11 Silver Notes 12:00 Lunch 1:00 Chair Yoga <u>ST. PATRICK'S DAY PARTY</u>	Cards/games/socialize/music 18 9:00 Coffee time 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 19 9:00 Coffee time 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 20 9:00 Coffee time 10:30 BINGO 12:00 Lunch 1:00 Chair Yoga <u>SHOPPING</u>		
Cards/games/socialize/music 23 9:00 Coffee time 10:00 MOVIE 10:45-11:45 Chair Yoga 12:00 Lunch 1:00 Line Dancing	Cards/games/socialize/music 24 9:00 Coffee time 9:30 – 11:30 CASE MANAGER 10:30 BINGO 10-11 Silver Notes 12:00 Lunch 1:00 Chair Yoga	Cards/games/socialize/music 25 9:00 Coffee time 10:30 Trivia/ Puzzles/ Games 10:30 Tai Chi 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise)	Cards/games/socialize/music 26 9:00 Coffee time 10:30 LIVE BAND PERFORMANCE 10:30 Ballroom Dance Instruction 12:00 Lunch 1:00 AFEP (Arthritis Prevention Exercise) 10:00 -1:00 <u>VITA TAX PREPARATION (BY APPOINTMENT ONLY)</u>	Cards/games/socialize/music 27 9:00 Coffee time 10:30 BINGO 12:00 Lunch 1:00 Chair Yoga <u>SHOPPING</u> <u>BIRTHDAY CELEBRATIONS</u>		
Cards/games/socialize/music 30 9:00 Coffee time 10:00 MOVIE 10:45-11:45 Chair Yoga 12:00 Lunch 1:00 Line Dancing	Cards/games/socialize/music 31 9:00 Coffee time 10:30 BINGO 10-11 Silver Notes 12:00 Lunch 1:00 Chair Yoga					

